



WODEN

Timetable - Adults

From Saturday 2nd March 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)
8:15											8:15
8:30											8:30
8:45											8:45
9:00											9:00
9:15											9:15
9:30											9:30
9:45											9:45
10:00											10:00
10:15											10:15
10:30											10:30
10:45										HAPKIDO 10:30-11:30	10:45
11:00											11:00
11:15										TAEKWONDO Kids & Adults 11:10-12:00	11:15
11:30											11:30
11:45										KUMMOOYEH 11:35-12:50 All Levels Korean Sword	11:45
12:00										Mat 2 Usage 12:00-12:40	12:00
12:15											12:15
12:30											12:30
12:45											12:45
13:00										BJJ OPEN MAT 12:45-14:00	13:00
13:15											13:15
13:30											13:30
16:45											16:45
17:00											17:00
17:15											17:15
17:30											17:30
17:45											17:45
18:00	TAEKWONDO 18:05-19:00										18:00
18:15											18:15
18:30											18:30
18:45											18:45
19:00											19:00
19:15											19:15
19:30	EPIC BJJ 19:05-20:30										19:30
19:45											19:45
20:00											20:00
20:15											20:15
20:30											20:30

Open Mat Sessions - Non-instructor lead, bring a friend